Monday, October 7, 2013

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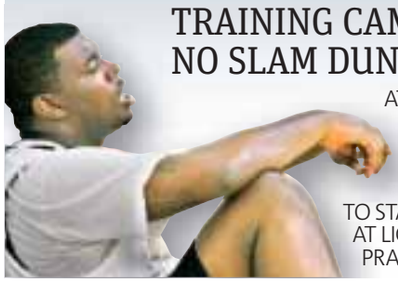

TRAINING CAMP NO SLAM DUNK

AT 6-FOOT-10, ANDRE JACKSON IS STILL STRUGGLING TO STAND OUT AT LIGHTNING PRACTICE PAGE 17

2 Ontario men released from Egyptian jail

John Greyson and London's Tarek Loubani are resting in Cairo after being freed in surprise move PAGE 4

Migrant death toll climbing off Italy's coast

Divers find dozens more bodies of asylum-seekers from Eritrea near tiny island of Lampedusa PAGE 7

Is MASH finale fair game yet?

Spoiler alert: If you're seasons behind on your favourite show, you're not going to like this column PAGE 11

COP CRUISER COLLISION

Five people were taken to hospital Sunday after a crash involving this London police cruiser at Adelaide and Oxford streets. The police officer was responding to an emergency call at the time, officials said. Story on page 3. SCOTT TAYLOR/METRO

Coun.: Share safety cost with rail companies

Transportation. City pitching $470K project to prevent crossing crashes

City administrators are proposing a two-year project to improve safety at 46 rail crossings.

The proposal — being pitched Monday to council's civic works committee — comes after 14 accidents involving trains and pedestrians between 2008 and 2012. Of those, 11 resulted in a death, the city says, with the most recent being in July on Colborne Street near York.

Five of the 14 collisions occurred at rail crossings. The remainder were "mid-block" or in rail yards.

Even one accident is too many, said Coun. Harold Usher, who sits on the civic works committee.

"I don't think the crossings are dangerous right now, but there seems to be a little bit of room for some additional precautions," he said Sunday.

The report headed to Monday's meeting says additional signage at crossings might help, along with a series of barriers that remind pedestrians to look both ways before crossing.

The barriers would be staggered, forcing people to slalom around them before reaching the tracks.

"There are lots of little minor things we could do, none of which I think had anything to do with previous accidents," Usher said. "But I prefer to work on the side of caution."

He also wants to partner with railway companies CP and CN on these safety measures, which could cost the city $470,000 over two years.

"Some of these additional measures, such as additional gates at crossings, we need to talk to the railway about," Usher said. "Either they provide additional gates or we do it together or we search for some funding. ... I don't want to spend $470,000 of the taxpayers' money."

Coun. Stephen Orser said some ideas, such as the staggered gates, make sense, but he wonders how much is too much. "I think they look effective, they look cost effective compared to what we have, but how far do you go?"

SCOTT TAYLOR/METRO

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Participants give CIBC Run for the Cure a festive look

Zebras, boobies and mohawks. The Canadian Breast Cancer Foundation CIBC Run for the Cure took on a festive look Sunday as 240 teams comprised of 3,363 walkers and runners descended on Victoria Park. Participants raised $820,129 for the foundation and more donations will be accepted through the end of October. Proceeds go to research and community health projects. Since its first run in 1995, London has raised more than $8 million. More photos at metronews.ca.

ANGELA MULLINS/METRO

Five sent to hospital after police cruiser crash

Emergency. Officer was en route to a call at the time, spokesman says

SCOTT TAYLOR
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Five people were taken to hospital after a London police cruiser collided with a Toyota Celica at Oxford and Adelaide streets Sunday. One officer, the driver and a passenger in the Celica and two pedestrians were injured just before 11 a.m. None of the injuries are believed to be life-threatening.

According to a police spokesman, the initial investigation showed the cruiser was travelling south on Adelaide with its lights and siren on, but it didn't come to a complete stop before going through the intersection.

The officer was responding to a call, officials said.

"It's my understanding the cruiser went through a red light when the vehicles in the intersection were stopped, and it was struck by the eastbound vehicle (on Oxford)," Const. Chris Stumpf said.

Stumpf said the pedestrians were hit when the Celica ricocheted off the cruiser and crashed into the Art Bank Gallery, a business on the southeast corner.

The pedestrians were "standing at the intersection. It's not believed the injuries are serious," Stumpf said.

"The officer attended the hospital, but did not require medical attention," he said.

Stumpf said the law states that police cars must come to a complete stop at red lights. But, he said, sometimes it's a judgment call by the officer depending on the nature of the emergency.

He wasn't able to say what kind of call the officer was responding to on Sunday.

Nearby resident Nate Lamb was sleeping at the time, but was awoken by a loud bang and screaming.

"I came out to see what all the commotion was," he said. "I saw the Celica crunched into the building. I saw the driver of the Celica sitting down with a neck brace on, and she was looking very distraught. Then they took her away on a stretcher."

Quoted

"I saw the driver of the Celica sitting down with a neck brace on, and she was looking very distraught. Then they took her away on a stretcher."

Nate Lamb, who lives near the site of Sunday's crash involving a police cruiser

Feds pledge money to help young people with disabilities get into the workplace

Young people with disabilities hoping to enter the workforce have received a much-needed step up.

The provincial government has pledged support to London's ATN Access for Persons with Disabilities Inc., funnelling more than $374,000 from its Skills Link program into the company.

London North Centre MP Susan Truppe made the announcement on behalf of State and Social Development Minister Candice Bergen.

The money will help equip young people with disabilities in the London area with skills and work experience needed to get in-demand jobs.

Quoted

"Many young people are looking for work but can't get their foot in the door ..."

London North Centre MP Susan Truppe

"Many young people are looking for work but can't get their foot in the door due to a lack of experience," Truppe said. "Thanks to our Youth Employment Strategy, young people are developing the skills they need to enter and succeed in the job market."

Through workshops, ongoing coaching and work placements, the new support will help 48 young people gain skills and work experience in industry sectors such as service, business and retail.

ATN Access for Persons with Disabilities Inc. executive director Vicki Mayer said participants of the program will develop new social and occupational skills, and strive to achieve their educational goals.

SCOTT TAYLOR/METRO

London North Centre MP Susan Truppe was in London on Friday to announce support for ATN Access for Persons with Disabilities Inc. METRO FILE

Recall issued Wednesday. Contaminated burgers sicken three in London

Three Londoners are recovering from cases of E. coli contracted after eating Compliments-brand Super 8 Beef Burgers, according to the Middlesex-London Health Unit.

The burgers, which were sold in Newfoundland and Labrador, Prince Edward Island, Nova Scotia, New Brunswick and Ontario through Foodland, Sobeys, FreshCo and Price Chopper stores, were recalled Wednesday.

"The distribution of the burgers affects several provinces. However, as three people have been affected locally, it's particularly important for residents of Middlesex-London to check their freezers for the recalled burgers," said Dr. Bryna Warshawsky, associate medical officer of health. "Our advice is to not consume any of these burgers, even if you bought them several months ago."

Anyone who exhibits signs or symptoms of E. coli infection, in particular stomach pain and severe or bloody diarrhea, should contact their health-care provider, the health unit says.

SCOTT TAYLOR/METRO

Warning

"Our advice is to not consume any of these burgers, even if you bought them several months ago."

Dr. Bryna Warshawsky, associate medical officer of health

Warrant out for teen suspect. Indoor grow-op busted, two charged

Two people have been charged — one of them a minor — and more than $120,000 worth of marijuana has been seized after the London police raided a residential grow-op on Hewitt Street.

A 47-year-old man was arrested at the scene without incident, but the teen wasn't located.

A warrant for his arrest has been issued. METRO

Items seized

The Thursday search warrant turned up 121 marijuana plants, 23 grams of marijuana bud, a butterfly knife, a stun gun, 386 rounds of various types of ammunition and a small amount of cash.

Masonville area

Three charged with breaking and entering

An alert witness tracked down three people accused of stealing gaming systems and electronics from a residence in the Masonville area, police say.

The witness reported suspicious behaviour about 1 p.m. Friday and followed three people as they left the area in a taxi.

Sandra O'Brien, 30, Justin Christensen, 25, and Samuel Barker-Rogers, 24, all of London, are charged with breaking and entering at a dwelling. The suspects entered the residence through an unlocked window, police say. METRO

Multiple charges

Woodstock police arrest pair after crack cocaine investigation

A Norwich Township man and woman are facing drug possession and trafficking charges after a Woodstock police investigation into the sale of crack cocaine on city streets.

Robert Westra, 32, and Samantha Scott, 45, also have been charged with possession of property obtained by crime.

Police seized crack cocaine, powder cocaine and cash with a combined street value of $1,750.

SCOTT TAYLOR/METRO

John Greyson, left, and Tarek Loubani have been freed by Egyptian authorities. The two Canadians were arrested Aug. 16 in Cairo. TORSTAR NEWS SERVICE

Finally free: Loubani and Greyson released from Cairo prison

'Christmas has come early.' Men to return as soon as passports, other papers in order

Awaiting the homecoming

"We are being cautious until they are actually out of Egypt."

Mohammed Loubani, Tarek Loubani's brother

Tarek Loubani and John Greyson were resting in a Cairo hotel Sunday after being freed in a surprise middle-of-the-night move by Egyptian authorities.

Loubani, a London emergency-room doctor, and Greyson, a London native now living in Toronto, spent nearly 50 days in an overcrowded, cockroach-infested cell without charges.

"(Authorities) just came to their cell and said, 'Come with us,'" said Loubani's brother, Mohammed. "They had no idea what was happening until they arrived at the police station. They were stunned."

Greyson's sister, Cecilia Greyson, tweeted "Christmas has come early" upon getting the happy news late Saturday night. She thanked all those who worked for their release.

Loubani and Greyson were arrested Aug. 16 during a stopover in Cairo while en route to Gaza, where Loubani was to teach medical students while Greyson filmed the project.

As it happened, Cairo was experiencing the height of violence as supporters of ousted president Mohammed Morsi clashed with Egyptian security forces, and it was amid that bloody chaos that they were arrested at a police checkpoint.

Their passports and other documentation, seized at the time of their arrest, must be returned before they can leave the country. Greyson and Loubani are expected to return to Canada as soon as their papers are in order.

Mohammed Loubani said Tarek's father travelled to Egypt and met with an aide to the interior minister, who visited the detained men in Tora prison.

"The aide was very gracious and talked about misunderstandings, so we were somewhat hopeful," Loubani said.

TORSTAR NEWS SERVICE

Timeline of events

Loubani and Greyson: A look back at their time in Egypt

- **Aug. 15:** Tarek Loubani and John Greyson arrive in Cairo on transit visas. They are taking supplies to a hospital in Gaza, but unrest in Egypt means the border is closed.
- **Aug. 16:** Loubani, a doctor, treats injured protesters in Ramses Square, while Greyson films events there. They've since said they saw 50 people die that day. They are later arrested at a police checkpoint.
- **Aug. 20:** District prosecutor alleges they were involved in planning an attack on a police station. No charges have been laid.
- **Sept. 16:** Greyson and Loubani begin a hunger strike in protest of their detention without charge.
- **Sept. 24:** Mass rallies in London and Ottawa call for the men's release.
- **Sept. 29:** Forty-five days after their arrest, the men hear their detention has been extended by 45 more days.
- **Tuesday:** Reports emerge that murder and "intention to kill" are among the accusations the men face.

METRO

Line 9. Enbridge to argue for reversal of pipeline running through province

Under fields, past homes and across waterways, a pipeline has run through one of Canada's most populous corridors for nearly four decades, quietly pumping oil between southern Ontario and Montreal.

While it hasn't generated much national attention in the past, Line 9 is now being thrust into the spotlight as the company that operates it seeks approval to reverse its flow and increase its capacity.

On one side of the debate that will take place before the National Energy Board in Montreal and Toronto this month is Calgary-based Enbridge Inc — which insists safety is its top priority — and on the other are residents and environmentalists who suggest the project will put a number of communities at risk.

Opponents to the Line 9 reversal, some of whom have staged protests and held sit-ins in and around London, worry that Enbridge plans to run a heavier, and what they claim is a more corrosive kind of oil, through the line that will stress the aging infrastructure and increase the chance of a leak.

Enbridge says the 831-kilometre-long line is constantly monitored from an Edmonton control centre and can be shut down in up to 10 minutes if an unexplained reading comes in. A sudden loss of pressure means an automatic shutdown.

The line is also patrolled on foot and by air.

Line 9 originally shuttled oil from Sarnia to Montreal but was reversed in the late '90s in response to market conditions, to pump imported crude westward.

Enbridge is now proposing to flow oil back eastwards to service refineries in Ontario and Quebec.

THE CANADIAN PRESS

Enbridge's take

- Enbridge — which is still cleaning up after a 2010 pipeline rupture in Michigan — says there's a lot of misinformation being circulated. "It's been a hard thing to really get our story out in an independent way," said Dave Lawson, Enbridge vice-president of major projects.
- "The environmental groups, ... it's difficult for them to target the oilsands but if they slow down the pipeline or stop the pipeline from moving that oil, that's shutting in the oilsands crude. We've seen a lot of that."

Health. HPV vaccine coverage for boys could be on the horizon

A growing chorus of parents, doctors and health officials are calling on the province to offer a gender-neutral vaccination program for HPV.

After all, they say, Human Papillomavirus, the most common sexually transmitted infection, affects both males and females, infecting three out of four Canadians in their lifetime.

Most people show no symptoms and their own body fights infection, but in some cases it can lead to genital warts and cancers of the cervix, genitals and throat and mouth.

In the coming weeks, Grade 8 girls across Ontario will line up to receive a free HPV shot in school-based clinics organized by their local health units. But if boys want the shot, they must get it from a doctor at a cost of about $500, which covers three treatments of Merck's Gardasil.

Ontario is, however, considering following in the footsteps of PEI, which announced this year it would also pay for boys to get the shots. Alberta is also committed to providing the vaccine to boys. And this year, Australia became the first country to immunize boys as part of its school-based vaccination program.

Among the considerations in Ontario are issues such as value for money, fairness and equity and whether inoculating males would encourage more girls to get the shot, says Dr. Arlene King, Ontario's chief medical officer of health.

TORSTAR NEWS SERVICE

Getting their game on: Peter Ese, left, and Daniel Tessier prepare for a table tennis match. MIKE DONACHIE/METRO

Love for table tennis grows in London

Popularity. Local enthusiasts launch new league as interest in the sport heightens

MIKE DONACHIE
mike.donachie@metronews.ca

P-dink. P-donk. P-dink. P-donk.

Listen carefully on William Street, if there's not a train passing, and you might hear an unusual sound.

The Middlesex Table Tennis Club is reporting a growing membership as people join in on the Olympic sport that some like to call Ping-Pong.

"Don't be surprised though if you annoy a few good players by calling it by that name," said the club's Daniel Tessier, "Because for them Ping-Pong is what you play in your basement with your friends and relatives.

"This Olympic sport has seen a lot of evolution since its beginnings, and today the city of London should be proud 'cause we have a place where we can play every night, even if you play seriously or want to play for recreation."

The club is now open to the public every night of the week.

Tessir said it's a great opportunity for Londoners who want to practise a sport and want to stay in shape.

At a glance

- The Middlesex Table Tennis Club is at 316 William St. and has a new league for recreational and intermediate players.
- People of any age can join in, as long as they're old enough to hold a paddle and young enough to enjoy it.

Fire department takes lessons on the road

Kids get a lesson in cooking safety at Tweedsmuir school.
SCOTT TAYLOR/METRO

A deadly kitchen fire can spark in the time it takes to send a text message, London Deputy Fire Chief Jim Jessop reminded an audience Friday morning at Tweedsmuir Public School

With a focus on kitchen fires for this year's Fire Prevention Week, Jessop warned that an unwatched pot, or even a forgotten pizza in the oven, can ignite and the resulting fire can spread quickly.

"Don't leave your stove unattended," he said as Fire Prevention Week kicked off Friday. "Don't get distracted."

Jessop showed students the best way to put out a fire contained in a pot or pan with the department's stove top simulator.

Cellphones, he said, are not just dangerous when used while driving. Texting or emailing on your phone when cooking can be just as dangerous.

Trying to reach children when they're young can have a positive outcome when they're older, he said.

"We know that if we get kids when they're young, they won't play with matches and they'll be more attentive when they're in the kitchen."

Fire Prevention Week continues through Saturday.

SCOTT TAYLOR/METRO

UN. Fact-finder arrives in Canada to survey aboriginal concerns

A United Nations fact-finder is set to take stock of the plight of Aboriginal Peoples in Canada.

The UN has dispatched law professor James Anaya to speak to First Nations representatives and government officials as he drafts a report for the world body.

"The idea is to get a first-hand view of the situation of Aboriginal Peoples in Canada by hearing directly from as many as I can," he said.

As the UN's special rapporteur on indigenous rights, Anaya is responsible for promoting laws and policies that support indigenous peoples around the world. He will also look at their living conditions and issue reports and recommendations.

The rapporteur has no binding authority. Rather, he aims to shame governments into action by bringing unacceptable conditions to light.

James Anaya THE CANADIAN PRESS

The federal government will get a chance to respond to Anaya's findings before a final report is circulated and presented next year to the UN Human Rights Council.

THE CANADIAN PRESS

Antarctica. Recovery uncertain for frozen remains of 3 Canadians

The frozen remains of three Canadians have been in the wreckage of a plane, partially buried in snow and stuck on the side of one of the highest mountains in Antarctica, for nine months.

The summer season is starting at the bottom of the world, and that was supposed to mean a mission to recover the bodies of the men could begin. But now there is confusion about who should co-ordinate the retrieval and it is unclear when, or even if, it will happen.

Judge Neil MacLean, the chief coroner of New Zealand, headed an inquest into the plane crash in June and, although no one has actually seen the bodies, the judge ruled the three men must have died in the crash. He formally registered the deaths of 55-year-old Bob Heath, of Inuvik, N.W.T., 36-year-old Perry Andersen, of Collingwood, Ont., and 25-year-old Mike Denton of Calgary.

THE CANADIAN PRESS

Quoted

"It's almost a bit like if it happened in outer space, that there's no clear lines of authority."

Judge Neil MacLean, chief coroner of N.Z.

The wreckage from a Canadian plane that crashed in Antarctica on Jan. 23, killing three Canadians. DREW COLEMAN/THE CANADIAN PRESS

Street battles kill dozens in Egypt

National holiday. Festivities marred as security forces clash with Morsi supporters

Clashes erupted across much of Egypt between security forces and supporters of the ousted president on Sunday, leaving at least 34 killed, as rival crowds of supporters of the military and backers of the Islamist Mohammed Morsi poured into streets around the country to mark a major holiday.

The clashes took place on the same day when, 40 years ago, Egyptian forces crossed the Suez Canal at the start of the nation's last war with Israel.

The day has since been declared a national holiday. The military-backed government had wanted the anniversary celebration to be a tribute to the armed forces, whose chief ousted the Islamist Mohammed Morsi in a popularly supported coup on July 3.

But demonstrations across Cairo and much of the country by Morsi's supporters marred the festivities. They and security forces fought pitched street battles for hours in several Cairo locations that now look like combat zones, with small fires burning, black smoke rising and the sound of gunshots piercing the air thick with tear gas.

In some cases, the pro-Morsi demonstrators were set upon by supporters of the military. Authorities said they had arrested 335 Morsi supporters nationwide.

The clashes were the last chapter in the turmoil roiling the country since the ouster in February 2011 of longtime ruler Hosni Mubarak and are certain to set back efforts by the government to revive the economy, especially the vital tourism sector, and bring order to the streets of Cairo, where crime and lawlessness have been rife.

The scene of the fighting contrasted sharply with a carnival-like mood in Cairo's central Tahrir Square, where thousands of supporters of the military waved Egyptian flags and blew whistles.

THE ASSOCIATED PRESS

Supporters of Egypt's ousted President Mohammed Morsi mourn their relatives killed during clashes with security forces in Cairo on Sunday. HASSAN AMMAR/THE ASSOCIATED PRESS

Kidnapping

Convict faces dangerous offender hearing

Convicted sex offender Randal Hopley said at a sentencing hearing last year that he abducted a three-year-old from his home in an effort to get back at the justice system.

On Monday, the Crown plans to argue Hopley should never get that chance.

It was a kidnapping case that bordered on the miraculous when, two years ago, little Kienan Hebert was returned unharmed to his home just as mysteriously as he had disappeared several days earlier in September 2011.

A massive manhunt for the child's abductor ensued and several days later, Mounties arrested 47-year-old Hopley near the B.C.-Alberta border.

Hopley has consistently insisted that he never harmed the boy. He has a criminal history, including a sexual assault on a five-year-old boy in 1985 and an attempted abduction in 2007.

THE CANADIAN PRESS

Riots

Sudan latest Arab nation to feel heat from the street

In recent times Sudan has gone through two major civil wars, the loss of its rebellious southern oil region, and the indictment of its president for war crimes. Now, with its economy in disarray, it's the latest Arab country to be feeling heat from the street.

The crunch came with the government's elimination of the subsidies that had long sustained cheap prices for fuel and other basic needs. The near-doubling of prices that resulted set off a week of rioting beginning Sept. 22, in which at least 50 protesters are estimated to have died.

The government is overloaded with debt — estimated by the International Monetary Fund at $46 billion in 2013 — and unable to borrow from international lenders. Inflation has reached nearly 50 per cent in 2013, with the Sudanese pound weakening and foreign reserves down to 1.2 billion dollars. THE ASSOCIATED PRESS

Italy looks to Europe for solutions as migrant bodies pulled from sea

Lampedusa tragedy. Tens of thousands of migrants from Africa and the Middle East arrive each year seeking refugee status

An Italian government minister born in Africa watched wordlessly Sunday as soldiers wearing face masks carried body bags containing migrants from her continent who perished when a fishing boat transporting 500 asylum seekers from Eritrea sank within sight of the tiny island of Lampedusa.

Divers recovered 70 more bodies after seas calmed enough to resume search operations after a two-day suspension, increasing the death toll to at least 181. More than 150 others are presumed to be missing, trapped in the wreckage about 50 metres below the surface.

Italy has been receiving signs of solidarity from its European partners. French Foreign Minister Laurent Fabius said Europe must act to stem the migrant tragedy, adding that both France and Italy have asked that the subject be placed on the agenda of Tuesday's EU interior ministers' meeting.

"We cannot deal with this tragedy alone, but together with Europe," said Italy's integration minister Cecile Kyenge. "We must give answers to those who flee, need protection, and come here for help."

The fishing boat carrying the migrants sank early Thursday after passengers panicked by flames set to draw attention bolted to one side of the boat, capsizing it.

THE ASSOCIATED PRESS

European partners

"The Mediterranean cannot remain a huge cemetery under the open skies."

French Foreign Minister Laurent Fabius

Italian and Eritrean migrant boys play football on Sunday where boats formerly used by immigrants arriving in Lampedusa, Italy, lie disused. The search for bodies continues off the Italian coast as the death toll of African migrants who drowned is expected to reach over 300 people. TULLIO M. PUGLIA/GETTY IMAGES

Mexican monster truck hits crowd, killing 8

Spectators run from a monster truck as it plows through a crowd at a Mexican air show in Chihuahua, Mexico, on Saturday. THE ASSOCIATED PRESS

An out-of-control monster truck shot into a crowd of spectators at a Mexican air show, killing at least eight people and hurting 80 others, dozens seriously, officials said.

Carlos Gonzalez, spokesman for the Chihuahua state prosecutors' office, said the driver appeared to have lost control of the truck after leaping over a pile of cars it was crushing during a demonstration at the "Extreme Aeroshow" on Saturday.

Some witnesses said the driver appeared to have hit his head on the interior of the truck as he drove over the old cars, with at least two reporting seeing his helmet come off before the massive vehicle drove into the crowd of terrified spectators, who tried to flee.

"I fell over, and when I turned around I saw the tire very close. It hit me and threw me to the other side," Jesus Manuel Ibarra, 41, said as he was treated for injuries to his arm and hip.

Spectator Daniel Dominguez, 18, said he was happily watching the show with a group of relatives when the truck came down hard in the middle of the cars.

"The driver hit his head and his helmet flew off," Dominguez said. "The truck came directly at where we were."

His 11-year-old sister was in surgery for injuries to her legs, and his mother was treated for minor contusions.

THE ASSOCIATED PRESS

Dead and injured

According to the spokesman for the Chihuahua state prosecutors' office, Carlos Gonzalez, the accident killed at least one child.

- 80 people, were hurt, 46 of whom remained hospitalized early Sunday.
- The air show was cancelled after the accident.

Buenos Aires

President of Argentina ordered to rest after brain injury discovered

President Cristina Fernandez's government was in uncharted territory Sunday after doctors ordered the Argentinian leader to take a month's rest because they found blood on her brain from a head injury.

While experts called the prescription good medicine, it could prove politically risky for her to leave the campaign trail just three weeks before nationwide elections determine control of Congress. Fernandez has stumped hard for her party's candidates, and both pro and opposition forces have focused on her central role managing the government and economy.

THE ASSOCIATED PRESS

Washington

Boehner rules out debt limit hike without Obama concessions

The United States moved closer to the possibility of the first-ever default on the government's debt Sunday as Speaker John Boehner adamantly ruled out a House vote on a straightforward bill to boost the borrowing authority without concessions from President Barack Obama.

With no resolution in sight, Treasury Secretary Jack Lew warned that Congress is "playing with fire" as he called on lawmakers to quickly pass legislation re-opening the government and a measure increasing the nation's $16.7 trillion debt limit.

THE ASSOCIATED PRESS

Delta Force raid

Libya seeks explanation after U.S. raid snatches wanted suspect

A suspected Libyan al-Qaida figure nabbed by U.S. special forces in a dramatic operation in Tripoli was living freely in his homeland for the past two years, after a trajectory that took him to Sudan, Afghanistan and Iran, where he had been detained for years, his family said Sunday. The Libyan government bristled at the raid, asking Washington to explain the "kidnapping."

Nazih Abdul-Hamed al-Ruqai was accused of involvement in the '98 bombings of the U.S. Embassies in Dar es Salaam, Tanzania, and Nairobi, Kenya, which killed more than 220 people. THE ASSOCIATED PRESS

A baby croc named Sylvester is held at a sanctuary in a town in northern Jamaica. DAVID MCFADDEN/THE ASSOCIATED PRESS

Crocodile on the barbie a worry for conservationists

Jamaica. The resources to protect crocodiles are few at the same time croc meat is becoming more of a delicacy

Crocodiles were once so abundant along the salty rim of southern Jamaica that images of their toothy jaws and spiny armour crown the tropical island's coat of arms and are stenciled on the bumpers of military vehicles.

Now, the big reptiles are increasingly difficult to spot, and not just because they blend into swampy backgrounds. These days, a growing taste for crocodile meat and even eggs in Jamaica has conservationists worried that the reptiles might be wiped from the wild altogether, although they've been protected by law since 1971.

"I went from never hearing about anyone eating crocodile meat, much less crocodile eggs, to hearing about it all the time. There's just so much carnage going on," said Byron Wilson, a reptile specialist at Jamaica's University of the West Indies.

On the QT

"It's totally underground and people keep it very hush-hush."

Sharlene Rowe, a conservation officer with the Caribbean Coastal Area Management Foundation, on eating croc meat.

Crocs have steadily reclaimed their range in Florida, their only U.S. habitat, after rebounding from the edge of extinction. But experts believe the reptiles may be reaching a tipping point in economically struggling Jamaica. A recent newsletter from the Crocodile Specialist Group, a global network involved in croc conservation, said the situation appears dire on the island as the impact of habitat loss deepens with a "new demand for crocodile meat, both for personal consumption and for local market distribution."

The poaching problem has gotten so bad in Jamaica that a passionate reptile enthusiast, Lawrence Henriques, has set up a crocodile sanctuary and captive rearing program just outside a tiny northern mountain town called Cascade, far from the animals' southern habitat, as insurance against future loss. He also hopes to educate islanders who revile them or want to barbecue them.

His facility's fenced pens and ponds now hold about 45 grey-green crocs, including a 3.3-metre croc nicknamed Stumpy because of a severed tail. Nearby, opening her big jaws to display sharp interlocking teeth, is a 2.4-metre female dubbed Doris.

According to Henriques, some poachers use baited shark hooks to bag crocs, mostly sub-adults measuring about two metres long. People in St. Thomas also reportedly dig up eggs after nesting females deposit them on beaches.

Croc meat is a specialty business in Jamaica, with wealthy buyers willing to pay as much as $35 per pound.

Reptile experts say it's far from clear why poaching is now on the rise. Some suggest the demand has grown due to a rising population of Chinese immigrants, who reportedly eat the reptiles. Others say cable TV food shows may be boosting a demand for exotic meat.

THE ASSOCIATED PRESS

PQ asks Russia to give clemency to activists

Quebec is wading into international waters, calling for clemency from the Russian government in the case of Greenpeace activists arrested during a protest last month.

Jean-Francois Lisee, the Parti Québécois government's minister of international relations, is asking for clemency in the case of a Quebec resident held in Russian prison.

The crew of the seized Greenpeace ship Arctic Sunrise includes Alexandre Paul of Montreal and Paul Ruzycki of Port Colborne, Ont. They could each face a 15-year prison term on charges of piracy.

Lisee said he's been in contact with Canada's consular services and is putting pressure on the federal government to do more.

He said he's hoping to meet with Foreign Affairs Minister John Baird in the coming days. "The legality of the arrest is questionable, and especially the charge of piracy, which carries a possibility of 15 years in prison, is clearly exaggerated," Lisee said in a speech late Saturday at a Montreal vigil.

Russia seized Arctic Sunrise after a protest at an oil drilling platform located in the Arctic circle, charging all 30 on board with piracy.

THE CANADIAN PRESS

Piracy charges 'absurd': Greenpeace

Russia seized Arctic Sunrise after a Sept. 18 protest at a Gazprom oil drilling platform located in the Arctic circle, charging all 30 on the boat with piracy.

- Alexandre Paul's mother has urged the federal government to get more involved in the case.
- Nicole Paul said she found the charges against her 35-year-old son excessive, given that his goal was to raise awareness about environmental issues.
- Greenpeace denies any wrongdoing and describes the charges as absurd.
- On Saturday protests were held in a handful of Canadian cities as part of a day of action against the arrests.

Not so funny, actually

Culprit dubbed 'poopetrator' at a Yale college

Yale University hopes to solve a case of whodungit by identifying the stinker who has been soiling students' laundry by sticking human feces inside clothes dryers.

The culprit is being blamed for at least four incidents in the past month in the laundry room at Saybrook College.

THE ASSOCIATED PRESS

Youthful adventurer

Nine-year-old stowaway flies to Vegas, no ticket

A nine-year-old Minneapolis boy was able to get through security and onto a plane at the Minneapolis-St. Paul International Airport without a ticket, an airport spokesman said Sunday.

Security screened the boy at the airport shortly after 10:30 a.m. Thursday, airport spokesman Patrick Hogan said. The boy then boarded a Delta flight that left for Las Vegas at 11:15 a.m.

The flight crew became suspicious and contacted police. THE ASSOCIATED PRESS

Relay to Sochi underway

Russian President Vladimir Putin smiles while ceremonially lighting the Olympic flame with a torch at Moscow's Red Square on Sunday. The four-month relay to Sochi for the Winter Games got off to a rocky start Sunday when one of the torches went out. The glitch occurred when a torch bearer ran through a long passageway leading into the Kremlin, which apparently created a wind tunnel, extinguishing the flame. A man standing along the route pulled out a lighter and the flame leaped back to life. Apparently the problem was that the valve on the torch was not fully open. IVAN SEKRETAREV/THE ASSOCIATED PRESS

New tack. Grocers aim for healthy bottom line by offering healthier options

After years of relentless price wars, Canadian supermarket chains are experimenting with fresh ideas to fend off a new competitive threat, food stores for the health conscious.

While U.S. retailers like Target and Walmart have grabbed much of the attention in Canada, another battle is being waged in the produce section, one of the few bastions of the food industry that hasn't been reduced to rock-bottom prices to attract customers.

"It's a very competitive market, no question about it," Sobeys president and CEO Marc Poulin said. THE CANADIAN PRESS

Tit for tat

- Sobeys has launched a partnership with British celebrity chef Jamie Oliver designed to encourage Canadians to eat healthier.
- Loblaw is following a similar approach with the launch of Nutshell Live Life Well, a health food test store that will open in downtown Toronto.

Malaysia's oil and gas co.

Harper greeted by $36B investment boost by Petronas

Prime Minister Stephen Harper arrived in Bali for an Asia-Pacific leaders' summit Sunday bearing what could be called a $36-billion vote of confidence from Malaysia's state-owned oil and gas company. Malaysian's prime minister said the country's state-owned oil and gas company Petronas has committed to construction of a liquid natural gas plant in British Columbia and the pipeline to feed it. THE CANADIAN PRESS

Would you let Rogers track your every move for a deal?

Aidan Nguyen poses for a photograph using his smartphone app in Toronto. Rogers has launched a service where its customers can sign up and get texts with deals when they're near a participating business. NATHAN DENETTE/THE CANADIAN PRESS

Thousands already have. Customers are letting the company track their location in exchange for bargains

When Aidan Nguyen was visiting Chicago last month he got 25 per cent off a meal simply by using the app Foursquare to "check-in" at a restaurant on his smartphone.

The self-described shopaholic said he's always looking for a good deal when he's out and often posts his location on his social networks.

Available for years in the United States and England, location-based mobile marketing is moving into Canada. This month, customers with Rogers Communications can sign up for text messages that will alert them to deals when they are near specific retailers.

Nguyen said he's willing to share his location in return for a deal.

"When you're walking around, then why not?" asked the 24-year-old Toronto public relations consultant. "If the offer is fitting for what I'm looking for, and it's a good promotion, I'll check it out."

Rogers said a few thousand people have already signed up for the option, which offers discounts at six retailers, including Rogers Wireless, Sears Canada, A&W Restaurants, The Second Cup Ltd., Future Shop and Pizza Hut. THE CANADIAN PRESS

What's next, mind meld?

"What geotargeting is starting to get is context. Where you are matters, but what marketers really want is intent."

Grant Packard, a professor at the School of Business and Economics at Wilfrid Laurier University, on the pluses and minuses of location-based marketing.

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OH, CANADA, WE'RE NOT ALL RELIGIOUS

URBAN COMPASS

Todd Devlin
london@metronews.ca

For the second time in the last three years, there's a movement afoot to slightly alter the lyrics of our national anthem.

Now, the key word here is "slightly," but that hasn't stopped many from voicing their displeasure — and, at times, outrage — over the idea.

The proposed change, again, centres on the phrase, "in all thy sons command." The Restore our Anthem campaign, which has backing from renowned author Margaret Atwood and former prime minister Kim Campbell, proposes changing the phrase to a more gender-neutral "in all of us command."

If this humble columnist was in charge, the change would be made by the end of the week. Signed, sealed and delivered.

Why not?

For starters, the original (pre-1913) line — "thou dost in us command" — was already gender-neutral. The change to "sons" was made before the First World War.

Of course, those who oppose changing it back argue that the issue isn't about not including women in the anthem, but that it, instead, is simply a historical fact that only men served during the war.

That is certainly true. But it's not true anymore.

Women have served in the Canadian armed forces — including in combat roles — for nearly a quarter of a century. Today, women make up 12 per cent of Canada's military, not to mention roughly half of the Canadian population. And yet they're not being represented in our national anthem? That's not right.

If we're being honest with ourselves, this change should be made if for no other reason than our collective embarrassment that women didn't have the right to vote in federal elections until 1960.

Let's take a step back for a second. When looking at the lyrics to O Canada, why is this the only change we're talking about?

The truth is our national anthem is grossly outdated. The Canada of 2013 is vastly different than it was a century ago. We've evolved, we've changed and we've become more diverse. This is a good thing.

While we're on the topic, then why not also address a phrase like: "God keep our land glorious and free?" After all, a recent survey by Angus Reid Global found that Canada is increasingly becoming less religious. If we want to be more inclusive, maybe that phrase should be changed, as well.

Truthfully, if it were up to me, the entire anthem would be overhauled. Most of us were introduced to O Canada in grade school where it was generally accepted that we would stand up — and possibly sing — when it was played. We all know the lyrics off by heart (hopefully), but how many of us actually know what they mean?

There's tradition, and then there's just plain stubbornness.

Why not adopt a new national anthem — one that touches on Canadian culture?

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

Pass a thousand tonnes of salt

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Abundance of salt in Greece is protected

Salt is collected at a production site in Messolonghi, western Greece. Salt lakes at Messolonghi are used for production by solar evaporation. The facilities are the largest salt works in Greece, and are located at a protected wetland complex of estuaries and lagoons. THE ASSOCIATED PRESS

In good taste

110,000

The Messolonghi production sites produce 110,000 tonnes of salt per year, which is enough to meet 40 per cent of Greece's needs.

Many European salt marshes have become exposed to industrial and agricultural pollutants, including pesticides and heavy metals. As a result, many of the marshes are protected under the EU's Habitats and Birds Directives.

Wheel traces are seen on a salt lake. DIMITRI MESSINIS/THE ASSOCIATED PRESS

WE ACT:

CANADA DOES GOOD

Young environmentalist stirs change in Calgary

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Cassidy Robertson, 18, environmental go-to girl, (pictured on the left).

Where: Calgary, Alta.

What: Founded club.one.twenty, dedicated to making 120 community improvements and co-founded a local recycling plant.

Why: To reduce our ecological footprint by encouraging others to recycle, buy locally and respect nature.

What inspired you to get started? "I realized a lot of my peers didn't realize they could make a change. Our club has brought recycling bins into our school, cleaned up litter, and promoted Fresh Face Fridays, a day to empower young girls to come to school without makeup. As an advocacy campaign, I made my grad dress out of pop tabs and have hosted a workshop on conscious consumerism — bringing awareness to consumers and showing them how to make their own deodorant."

Do you have any advice for people passionate about an issue? "I would tell them to just jump in. If they are passionate about the environment they should volunteer at environmental organizations. You can learn a lot of things if you want to — I did that through volunteering."

What are your plans for the future? "Since graduation, I have co-founded Half Full Recycling Plant, where we turn plastic bottles into plastic pellets to get melted down into new plastic. I will also continue working as a youth co-ordinator at Empowering Minds, helping young people plan and execute their own projects and become leaders."

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Send us your comments: londonletters@metronews.ca

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Warning! This has spoilers!

Entertainment etiquette. Do we have to censor ourselves for the slowpokes who haven't finished watching shows yet?

What's a viewer to do when shows like Orange is the New Black dump all their episodes at once? CONTRIBUTED

Rosebud is a sled.

So goes the ending of the 1941 Orson Welles classic Citizen Kane, spoilers be damned!

Revealing secret endings and plot twists has brought on wrath since the dawn of cinema, straight through VCRs to today's DVR-fuelled delays that led to much nail-biting over The Ending That Shall Not Be Spoiled on Breaking Bad.

But exactly what is the magic formula for spoiler grace? When do calls of SPOILER ALERT (insert index fingers in the ears here) expire so we can, maybe, not feel so constipated when discussing our favourite fare in real time?

Does the 13-episode Netflix dump of Orange is the New Black in July equal two months of polite spoiler-free behaviour? Are bets off when a show concludes, or does that depend on how many seasons late adopters would have to slowly, slowly slog through — say Dexter's eight to Breaking Bad's five?

Or is it up to the unspoiled viewer to avoid social media or catch up? Get it done, people!

"I think asking people not to spoil for some reasonable amount of time is fine, although anyone who actually takes it seriously, i.e., gets mad or upset in the event someone does, is an idiot," said technology analyst Melanie Turek in Steamboat Springs, Colo.

"But that 'reasonable' amount of time is, in my mind, about 48 hours after a live broadcast," she explained. "And once a series is off the air and the hype has died down, asking people not to spoil is just silly."

Others think keeping some things quiet — or at least warning our Facebook friends about potential spoilers — is what 21st-century etiquette might advise. At least that's what the ragers who decry spoilers on social media hope for.

Marketer Kim Puckett in Indianapolis thinks "we're all social-media-level entertainment reviewers now" so should respect our written-word audiences on newsfeeds like Twitter or in status updates on Facebook that aren't easy to escape.

"Unfortunately, specific status updates on key plot points might be banned forever," she said.

But in other contexts, Puckett said, "as soon as the show ends, office and social talk should be allowed about the show.

"How can we enjoy shows at a social level if we're always worried that someone is still on season one of The Killing or halfway through Sons of Anarchy?"

Justice is on the side of those who want to blab on Twitter or Facebook, according to Paul Levinson, a professor of communications and media studies at Fordham University and author of the book New New, Media.

The idea that "people have a right to be free of spoilers is absurd, and it's an absurd misuse of the term 'right,'" he said.

"You have a right to communicate," Levinson assured. "I don't think anyone is entitled to that kind of grace. If you feel like writing something you're entitled to write it as long it's not slanderous or libelous or breaking the law in some way. Why anyone would get into a rage about entertainment is beyond me."

He harkened back to buzz over The Crying Game and Dil's reveal as a transgender woman, along with The Sixth Sense and the Bruce Willis character being dead. And there was grumbling over spoiling the purgatory at the end of Lost, at a time when social media was well on its way to engulfing us, he said.

"If the ending is really atrocious, like Lost, then you're probably doing people a favour by letting them know," Levinson said.

Etiquette expert Lizzie Post of the Emily Post Institute sees no value in people "posting a million times, 'Don't spoil anything for me, don't spoil anything for me.'"

Walk away from Facebook, shut down Twitter if you have to, she said.

"If you're not living in the current season you have no claim. It's fine if you have a friend who's really into it and you want to say, 'Don't spoil it for me.' But you can't ask the world around you to completely bend."

THE ASSOCIATED PRESS

Too much censorship?

Has the quality of conversation been damaged by the call for spoiler-free discourse?

- "What we've lost is the ability to step back and assess what we've just seen," said Danny Glover, who is in marketing and pays close attention to social media. "I think overall the live conversation is valuable."
- Judith Martin, who writes the Miss Manners columns and books, also believes the burden falls mostly on the person holding out for the surprise. "But if the story is really good, it shouldn't make that much difference," she said. "I still enjoy re-reading Moby-Dick and The Golden Bowl, even though I know perfectly well what is going to happen."

Call me new age. Michael Gross taps into his serene side in Call Me Fitz

Wholesome TV dad Michael Gross is cutting ties with his beloved '80s image in a multi-episode guest spot for the raunchy Canuck comedy Call Me Fitz.

The former Family Ties star joins the cast this fall as a mysterious business rival to foul-mouthed used car salesman Richard (Fitz) Fitzpatrick, played by Jason Priestley, and the Fitzpatrick clan patriarch Ken, played by Peter MacNeill.

The amiable actor admits the fishy new-age salesman he plays — inspired in part by the serene charisma of the late Steve Jobs — is a far cry from the good-natured Steven Keaton he became famous for in the '80s.

"They decided this faux-guru-like man would be fun for me to do and so they made the offer and I read it and they sent some DVDs of the show and I thought, 'My God, what is this?'" Gross chuckles in a recent phone call while travelling just outside Los Angeles.

"It was so fascinating and different."

The degenerate Fitzpatrick clan is as morally bereft as ever in season four, which this time revolves around the arrival of Fitz's baby.

Forced to care for the child, Fitz ends up moving in with his boozy mom Elaine while Larry, Fitz's conscience, decides it's time to investigate the family's twisted history of dysfunction.

Gross turns up several episodes in as the bizarre entrepreneur Pat Childs, a man Gross admits some people might consider "kind of smarmy" but who is not without some appeal.

THE CANADIAN PRESS

Michael Gross is a smarmy new-age salesman in Call Me Fitz. CONTRIBUTED

Morgan Saylor stars in Homeland. CONTRIBUTED

The drama has just begun for Homeland's Dana Brody

Troubled times. Actress Morgan Saylor says her character will be facing even more trouble in the new season

MEREDITH ENGEL
Metro World News in New York

Morgan Saylor is cheery when we get her on the phone, which, we have to admit, surprises us a little, given the fact that when we saw her character last week, she had (spoiler alert!) tried to kill herself.

"I'm not as depressed in real life," says the 18-year-old, who plays Dana Brody on Homeland. As the daughter of is-he-or-isn't-he alleged terrorist Nicholas Brody on the runaway Showtime hit, Saylor's character has undergone a lot in the past two seasons: allegations against her father, an accidental hit-and-run, the death of her boyfriend and, as we saw last week, a stint in rehab for a suicide attempt. And according to Saylor, the drama's only just begun.

Now in its third season, the show — which has won six Emmys and five Golden Globes in the two years it's been on — is dealing with the aftermath of a deadly explosion that left many supporting characters dead in the season two finale. Saylor says she was just as riveted by that episode as fans were.

"I remember reading it and freaking out," she says. "I really, really did. I thought it was such a brilliant script. I remember I texted Morena (Baccarin), who plays my mom, and I was like, 'We are on the best show on TV,' because I was so amazed by this script. And she texted back, 'Are you drunk?' She thought I was just being weird and nostalgic."

Saylor doesn't offer too many hints into what we can expect in this new season — which she calls "really, really intense." She's about 10 episodes ahead of the general public and coyly tells us, "It's finally all spreading out. It's very exciting."

But back to the present: This season, she says, the characters will be "picking up the pieces that were left after the explosion," an incident that was "especially hard on Dana."

This Sunday's episode focuses heavily on her character, as Dana juggles new experiences of heartache, loss, love and lust.

"She needs someone who understands what she's (going through)," Saylor says of her new beau, played by Dexter alum Sam Underwood.

"As if being a teenager isn't enough!"

When Homeland heroine Claire Danes took home the best actress in a drama Emmy this year for her work as bipolar CIA agent Carrie Mathison, the cast joined Danes in celebrating after the awards, Saylor tells us.

"We all went to the Governors Ball. We scarfed down some food, which was nice. Then I went to an after-party. It was fun. It's always fun to hang out with everybody because I don't work that much with Damian or Claire, so it's a fun atmosphere to hang out with the gang."

The young star is content to keep as normal of a life as possible when she's not filming. She went to her prom this year and plans to study math at the University of Chicago, which she'll attend starting next September. (She deferred a year.)

But juggling the show with her regular life means she's had to sacrifice a lot of sleep.

"The very first day of shooting this year, I had to work super long hours; it was exhausting," she says.

As Saylor would say: "As if being a teenager isn't enough!"

In Canada, Homeland airs Wednesdays on Bravo.

Going behind the Dallas grassy knoll

New movie. Giamatti plays Zapruder in new behind-the-scenes Kennedy assassination flick Parkland

Parkland opened on limited release on Friday. CONTRIBUTED

When Dallas businessman Abraham Zapruder set up his Bell and Howell home movie camera to film President Kennedy's visit, he had no idea he would capture the most examined piece of film footage in human history.

In the 26.8 seconds of footage, Zapruder captured the passing motorcade and then the deadly shot to the president's head, which happened right in front of his camera.

Abraham Zapruder was never the same after that.

Paul Giamatti plays the unlikely documentarian in the new film Parkland, which opened in limited release on Friday as November's 50th anniversary of the assassination approaches.

The film recounts the chaotic events that occurred in and around Parkland Hospital after the president was brought there with hopes of saving his life.

One of the film's plot threads centres around the Secret Service investigation, which leads to Zapruder's 8mm film.

"His eyes literally see the thing," Giamatti says of Zapruder's film.

We learn that Zapruder and the Secret Service scrambled around Dallas to find someone that knew how to process the film, as well as the fickle nature of the amateur format (it's actually 16mm film that exposes half the frame on each side). After the film is processed, there's some earlier family footage captured before the historical sequence from Dealey Plaza.

In an interview at the recent Toronto Film Festival, Giamatti said he felt a great deal of sympathy toward Zapruder, and he saw the essence of portraying the immigrant garment manufacturer was to channel how haunted he was by the ordeal.

"He's this kind of inadvertent witness of the whole thing that I think he felt guilty about filming this thing, witnessing it the way he did. He felt shame and guilt and things like that. You weren't supposed to see this and he made everybody see it," Giamatti said.

But playing him wasn't that easy because Zapruder was not well known enough in public to easily understand his mannerisms.

"He's not known as a person so I have a lot of latitude because nobody knows. But it's a good opportunity. It's a fun role to be able to do that," Giamatti said.

He added: "I definitely felt a certain pressure, a certain responsibility that I'd never felt before to the guy because he really was not a man asking for any of this crap in his life."

The Zapruder film has contributed to much speculation.

"I always think conspiracy theories are more comforting to people. It explains and gives it a narrative whereas if you let it sit, it doesn't make any sense. ... It's definitely more than a murder mystery. It's for a lot of people who are into the conspiracy stuff. It's saying something about a kind of moral rot in the country," Giamatti said.

Based on the book Four Days in November: The Assassination of John F. Kennedy, the film weaves the perspective stories of ordinary citizens, including the unlikely predecessor to what we know today as viral video.

"The Zapruder film was the beginning of what we think of almost as social media, you know? When imagery goes viral it takes on a meaning that transcends itself," said Parkland director Peter Landesman.

THE ASSOCIATED PRESS

Sinead O'Connor. ALL IMAGES GETTY

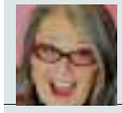
O'Connor switches focus to Cowell and laments the 'murder of rock 'n' roll'

Sinead O'Connor appears to be moving on from Miley Cyrus — to Simon Cowell. "I feel sorry for the murder of music and rock 'n' roll, which has happened because of the industry, because of Simon Cowell, Louis Walsh. It all amounts to the murder of music," she said in an interview with Ireland's Late Late Show recently.

"The power of rock 'n' roll to change things, to move people, is being murdered by all this worship of fame — Pop Idol, X Factor, all this stuff. What I'm worried about is it's all about the visual, the pyrotechnics, the tits out, shake your ass. It's not about the song. That to me is quite sad."

Twitter

@lenadunham
Started calling things "gaymazing" as a joke but pretty soon I was saying gaymazing all the time. I have no room for irony in my life.



@TheRealRosanne
the armageddonites are now trying to trick us all into believing that aliens are on the way.

Olivier Martinez and Halle Berry

New baby boy for Berry

Halle Berry and husband Olivier Martinez are celebrating a new arrival, as the Oscar-winning actress reportedly gave birth to the couple's first child, a son, in Los Angeles this weekend, according to E! News. This is Berry's second child, after her five-year-old daughter, Nahla, with ex-boyfriend Gabriel Aubry. Martinez confirmed the baby's gender back in June, telling People magazine, "I remain a Frenchman in America, but I adapt to American culture. I feel good there, but I'm still a foreigner. My son will be an American, but I will remain French."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

It's all good for Bieber in China and Lohan has parents banned

STARGAZING
Malene Arpe
scene@metronews.ca

While visiting China this week, Justin Bieber got carried up the Great Wall by his bodyguards. Before you get super-upset and start calling him an entitled brat, let's all remember that at least it's not as bad as the time when he made his entourage put him on a box so that he'd appear tall enough to ride the roller-coaster.

Michael Lohan and Dina Lohan are banned from the set of daughter Lindsay Lohan's reality show. That's a fantastic idea and it proves that Oprah's OWN really is in the business of caring. Except about ratings.

A sad week for science. A) Breaking Bad is over forever. B) Due to the U.S. government shut-down, most of NASA's activities are brought to a halt. C) Bill Nye is voted off Dancing with the Stars. D) Cher insists that ex-husband Sonny's ghost visits her and occasionally pulls a prank on her.

A new cellphone game will feature Vladimir Putin fighting an army of zombies. No, it's not called The Walking Red.

Katy Perry says that boyfriend John Mayer is "literally a genius." If that's true you'd imagine he'd be able to teach her the correct use of "literally."

Apple has now passed Coca-Cola as the most valuable brand. And yet, in a game of Rock, Apple, Big Vat of Coca-Cola, Coca-Cola kills your iPhone every time.

JOB AND BUSINESS OPPORTUNITIES FAIR

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Hotel lunch

Put the iron to use

Travelling with your family? Here's a nutritious and inexpensive lunch that you can prepare in your hotel room.

Buy one roll of tin foil, some sliced, whole wheat bread, two green apples, and a package of sliced cheese. Layer cheese and apple slices between two slices of bread and wrap each sandwich in tin foil.

The secret ingredient is the iron in your hotel room!

Press the heated iron on each sandwich for one minute and unwrap. Presto! Fabulous grilled cheese sandwiches for a fraction of what you'd spend in a restaurant. **EVELYN HANNON/ YUMMYMUMMYCLUB.CA**

An apple a day

Rubber band trick

Sending an apple in your children's lunch boxes but want the slices to stay fresh and un-browned?

Simply cut an apple into sections, re-assemble it back into a "whole" apple again, and use an elastic band to keep the whole thing together.

It's like it had never been cut—and there are no exposed parts to turn brown.

Brilliant and healthy! **LEAH LEITCH/YUMMYMUMMYCLUB.CA**

Exclusively online

Mommy lives in fear of the common cold. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices. Join the laughs on Twitter @momreasons

Mr. Sandman, bring my teen a dream — a nine-hour one

Tips. Help your teen have sweet dreams

ANDREA NAIR
yummymummyclub.ca

When parents bring teenagers to me for psychotherapy, one of the first things I ask about during the initial interview is the amount and quality of their sleep. I do this because I have learned that the majority of the teens I see are chronically sleep deprived, and this compromised state is wreaking havoc on their emotional stability, behaviour, patience and ability to focus. Their relationships, school marks, and health are suffering. Toddlers aren't the only ones who get cranky when tired.

Recent studies identified that teens are sleeping fewer hours as compared to 20 years ago, and showed that 60 per cent of teens will keep their cellphones in their rooms and respond to a text a night.

Create a good sleep environment so your teen is getting enough rest. ISTOCK

What does this mean for parents? It is critical that we be the keepers of our teens' sleep.

Here are four suggestions to help your teen sleep better:

Consistent sleep routine
Sleep routines are not just for little ones. Having regular lights-out and get-up times helps with good sleep hygiene.

Peaceful sleep environment
Consider things you can do to foster a good sleep space. Have the temperature in the home lower at night, remove as much clutter from the sleeping space as you can, keep the lights low and noise off. Many families find having white-noise machines in the hallways do help improve sleep.

Remove and turn off all mobile devices at night
Establish a time when all members of the family will turn their mobile devices off (studies suggest at least an hour before bedtime is optimal) and remove them from the bedroom. In the case where a cellphone has to be kept on as an emergency contact source, put the phone as far away from the bed as you can. Some families have a "device bin" where all mobile electronics get placed at night for safekeeping. Another suggestion is to have all the devices in a central area like the kitchen, plugged in and recharging. Turn off the Internet connection at night. Many new devices like iPods do have messaging functions, and teens will chat with their friends through wi-fi/wired Internet even if they don't have 3G/4G capabilities on the device.

Be the exhaustion police
Many teens have very little down time between classes, sports, activities, friends, and homework. Talk to your teen about his or her schedule and make sure there is space for rest and fun.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD

Sleep quiz

- **How many hour of sleep do teens need to function properly and for good health?** Answer: 9
- **What is the number of hours of sleep most teens actually get?** Answer: 7
- **Why are most teens sleep deprived?** They have mobile devices/ laptops and computers in their rooms overnight.

Pep in your step and peppers in your oven

This recipe serves four. ROSE REISMAN

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

1. Preheat oven to 375 F. Line baking sheet with foil; lightly coat with cooking spray.

2. In saucepan, bring stock and rice to boil. Reduce heat to low, then cover and simmer 25 minutes or until the rice is tender. Drain any excess stock.

3. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and sauté 3 minutes. Add corn and sauté another 5 minutes or until corn starts to brown. Add ground beef and sauté until no longer pink, about 3 minutes.

4. Add cooked rice, beans, chili powder, basil, cumin, salt, pepper and salsa and cook for 1 minute. Remove from heat and add 1/2 cup of cheese, along with sour cream and parsley.

5. Carefully remove and discard the top from each of the peppers. Remove the ribs and seeds and discard. Place the peppers on the baking sheet and fill them with the beef stuffing. Bake for 25 minutes.

6. Sprinkle with remaining cheese. Bake 2 minutes or just until the cheese melts.

Ingredients

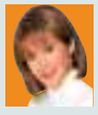
- 2 cups beef (or chicken) stock
- 1/2 cup brown rice
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 cup canned corn, drained
- 1/2 lb lean ground beef
- 1 1/2 cups canned red kidney beans, drained and rinsed
- 1 1/2 tsp chili powder
- 1/2 each tsp dried basil and ground cumin
- pinch of salt and pepper
- 1/2 cup medium salsa
- 3/4 cup shredded aged cheddar cheese
- 1/3 cup low-fat sour cream
- 1/3 cup chopped parsley
- 4 medium bell peppers

Correction

Thursday's Metro contained ingredient errors in the Sweet Potato Mac and Cheese recipe. The recipe calls for 1/4 cup (60 ml) butter and 1/2 cup (125 ml) grated Parmesan cheese.

Healthy eating

Choose it and lose it



ROSE REISMAN
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You know when you get that mid-day craving for a snack? Be careful what sweet treat you reach for because you may be biting into high calories and lots of fat.

Starbucks Outrageous Oatmeal

360 calories / 15 g fat
Oatmeal in cookies is rarely healthy. Sugar and butter make up most of this cookie.

Equivalent

One Starbucks Outrageous Oatmeal cookie is equal in fat to eight low-fat vanilla yogurts with berries.

Bubbies Cinnamon Crunch Biscotti

170 calories / 1 g fat
This delicious cinnamon biscotti is made with little fat and sugar and is a nutritionally better treat.

'Round the world wisdom

Facing adversity? Invent a purpose

The severe market crash of October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June 2009, followed by the Atacama Crossing in Chile in 2010, and the Sahara Race in Egypt in 2011. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Signing up for a desert race was my way of creating a positive challenge for myself, one I could then use as a tool to tackle other obstacles. I was so determined to complete the desert race that I committed to raising $25,000 for a charitable cause close to my heart.

But as the long hours of a brutal training schedule took their toll, I fell prey to the law of diminishing intentions. With mounting pain that ultimately culminated in injury, I had to make countless visits to health-care practitioners. My resolve weakened. Seeing my goal slip away, I decided I had enough and called it quits.

The next day I received a large and unexpected sponsorship donation. It was like a slap in the face — and it reignited my commitment to the project.

Once in the desert, I started blogging to raise much-needed funds for the charity. The blog posts caused a sea of supportive emails from family, friends and strangers back home. Every time pain hit and I contemplated quitting, I focused on those emails and found the strength to continue on.

Having a cause helped tether my actions to a higher purpose. Like running, most of life's activities can be solitary; running for others is not. When you face adversity, invent a purpose and grow your own wings.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Tying your actions to a cause can keep you motivated when you encounter a discouraging situation. GETTY IMAGES

Skype breaks boundaries in language education

Distance learning.

Conversing via web chat is 'amazingly similar to a one-on-one class,' says the founder of Live Lingua

NATALIE SHURE
Metro World News in New York

Skype has already revolutionized the way more than 50 million registered users communicate with faraway friends and family. Now, the web-based video-calling platform may be poised to overhaul foreign language education as well, eliminating barriers like location, money and time.

Ray Blakney started Live Lingua, one of the world's top Skype-based foreign language immersion schools, in 2008.

While learning Spanish through the immersion method in the Peace Corps in Mexico, Blakney came to understand the importance of practising conversation skills with native speakers — and Skype helps learners connect with such speakers.

Skype is the newest platform for foreign-language education. GETTY IMAGES

"It's amazingly similar to a one-on-one class," Blakney says. "It really feels like you're sitting there talking to these people. You don't have to sacrifice that much."

Live Lingua offers several languages and dialects, and most students are taught spoken communication. Instructors can diagnose their needs as they go. Most students start with at least some spoken proficiency — including Blakney himself, who is brushing up his rusty Turkish with Live Lingua.

Limitations of Skype

- "Skype doesn't lend itself to presenting information," says Joseph Miranda, founder of NoteFull, which prepares students for the TOEFL exam, an advanced English proficiency test. "Coupled with a website, then it becomes effective. For writing, you'd be texting back and forth."
- Still, it offers major scheduling advantages for busy adults: "Skype is on 24 hours a day, seven days a week," he said. "So it lends itself to flexibility."

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OUA football

Mustangs kicker hits historic mark

Lirim Hajrullahu had 17 points, setting career Western records in scoring and field goals on Saturday as the Mustangs beat the Windsor Lancers 51-23.

Hajrullahu, a fifth-year senior, set the Western record on a 33-yard field goal in the dying seconds of the second quarter, and now stands with 402 points in his CIS career. That's only eight behind all-time leader Neil Lumsden.

He also tops Western's list for career field goals with 72.

"It's a great honour to be mentioned among the greats here at Western," Hajrullahu said. "I never really thought about it that far ahead, my first year I was just happy to help contribute. I never really looked towards breaking records."

With the win, the No. 1-ranked Mustangs move to 7-0 and sit atop the OUA standings. Windsor falls to 4-3.

Leading Western's offence on Saturday were the sophomore duo of quarterback Will Finch and running back Yannick Harou.

Finch added to his CIS leading passing totals, completing 22 of 34 passes for 362 yards and two touchdowns, one through the air and one on the ground.

Harou rushed for 110 yards on 15 carries with two TDs.

The Mustangs, now heading into their bye week, return to TD Stadium for their final regular-season game against the York Lions on Oct. 19.

METRO

Andre Jackson takes a breather at the London Lightning training camp opening day Sunday. ANGELA MULLINS/METRO

Lightning's Andre a giant to behold

NBL Canada. Cracking London lineup will be tall order for big man

DAVE LANGFORD
dave.langford@metronews.ca

It was the first day of London Lightning training camp and one player stood out from the rest. And perhaps not for the right reasons.

No. 10 on his back, you couldn't miss the Dallas native who is here to try and win a position with the National Basketball League of Canada's defending champions.

Andre Jackson, a six-foot-10 centre, was by far the biggest player on the floor who sometimes had challenges with the wind sprints and the drills more suited for the guards and forwards. He was given some team-ordered breaks at times.

"I'm a big guy, carrying a lot of weight. Don't try to tear down your body in one day," Jackson, 23, admitted Sunday. "With basketball, it's a grind; it's a process. Day by day. Step by step."

So the obvious question: How much do you weigh?

"A whole lot," Jackson said with a smile, and then added the number 330 when pushed.

How long he stays at camp will be up to head coach Micheal Ray Richardson and general manager Taylor Brown.

At this point, it doesn't look good for Andre, the gentle giant who has a two-year-old son, Tyson, in Houston.

"It's tough for a guy like him, because it's really a guard's league. And you saw it out there. He has a tough time guarding players," Brown said, not trying to sugar coat the situation for the affable Jackson.

Brown said Jackson is strong on offence, but the trouble is in the back end.

"At the big man spot, we are not as concerned about getting a monster because he's going to have a tough time guarding the smaller guys," Brown said.

On Tuesday, Jackson's fate may be decided as the Lightning plan to cut their first "three or four" from the 22-man roster.

The next major trim will be for the Oct. 15 intra-squad game, where they plan to be down to 14 or 15 players. After that game, they will cut to their final 12.

Lightning practices continue twice a day at the downtown YMCA. Their NBL home opener is Nov. 2 at the Budweiser Gardens.

Horvat brings veteran know-how to Knights

Knights centre Bo Horvat
METRO

The London Knights were hoping to have their Big Four playing big minutes at this point in the season.

However, only forward Bo Horvat has managed to spend any significant time on the roster.

Forward Max Domi was been suspended four games and defencemen Olli Maatta and Nikita Zadorov both remain with their NHL teams in Pittsburgh and Buffalo.

But so far, Horvat has been enough.

Horvat had two goals and an assist as the Knights defeated the Guelph Storm 7-2 Saturday before 8,973 spectators at Budweiser Gardens.

The win evens up the season record between the two teams as the Storm beat the Knights 6-3 a week ago. It was the only loss of the season for the Knights (5-1). London plays again Thursday in Sarnia against the Sting and then at home Friday against the Belleville Bulls.

Horvat, after Saturday's win, now has three goals and three assists in his three games since returning from the Vancouver Canucks' training camp.

Knights' assistant coach Dylan Hunter said Horvat provides much-needed leadership in the absence of the three other OHL veterans.

"He (Horvat) plays both ends. Offensive and defensive game. Penalty kill. Power play. He's like a five tool all-around guy for us," Hunter said.

"Has been in the battle for the last two years. Just add another guy that's been to the championships, Memorial Cups … he's an asset to us for the younger guys."

Horvat's two goals were the first scored Saturday to give the Knights a 2-0 lead six minutes into the game. Guelph then tied it up in the first period before the Knights scored five unanswered goals in the final two periods.

Christian Dvorak, Mitch Marner, Josh Anderson, Remie Elie and Matt Rupert also scored for the Knights. Jason Dickinson and Brock McGinn replied for the Attack.

DAVE LANGFORD/METRO

Alvarez pushes Pirates past Cards

Josh Harrison of the Pirates scores as a pinch runner for Justin Morneau against the St. Louis Cardinals on Sunday in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES

MLB. Third baseman continues dramatic hitting display as Pittsburgh takes lead over St. Louis in NLDS

Pedro Alvarez and the Pirates kept that Jolly Roger flapping high above Pittsburgh.

Alvarez hit a tiebreaking single in the eighth inning and the Pirates beat the St. Louis Cardinals 5-3 on Sunday to take a 2-1 lead in the best-of-five NL division series.

Alvarez pulled a grounder into right field that scored pinch-runner Josh Harrison from second base. Russell Martin followed with a sharp RBI single against reliever Kevin Siegrist, who took over after Carlos Martinez (0-1) faltered.

The go-ahead single was the latest big hit by Alvarez. He homered in the first two games of the series and is 4 for 10 with four RBIs.

Alvarez also kept the Pirates' famous flag flying high in October. "Raise the Jolly Roger!" is the rallying cry for this wild-card team, now one victory from its first post-season series win since the 1979 World Series.

Mark Melancon (1-0) picked up the win despite allowing Carlos Beltran's tying home run in the top of the eighth. Jason Grilli worked the ninth for a save.

Charlie Morton is set to start for the Pirates in Game 4 on Monday against rookie Michael Wacha.

Beltran finished 2 for 3 with three RBIs. His 16th post-season home run moved him past Babe Ruth for eighth place in post-season history.

Beltran's shot temporarily silenced a rocking crowd at PNC Park. It also set the stage for another dramatic win by the Pirates.

Andrew McCutchen led off the eighth with his second hit, a double to left. But the NL MVP candidate unwisely tried to advance on Justin Morneau's grounder to shortstop and was an easy out at third.

Harrison ran for Morneau and moved up when Marlon Byrd walked. St. Louis manager Mike Matheny turned to the lefty Siegrist to face the left-handed Alvarez. The Pittsburgh slugger tied for the NL lead with 36 homers in the regular season, but hit just .180 against lefties.

Alvarez responded with his single between first and second. Martin then tried to drop down a squeeze bunt to score Byrd from third — he fouled it off, then lined a hit to left that gave Grilli more than enough cushion.

Martin's sacrifice fly off reliever Seth Maness in the sixth gave the Pirates a 3-2 lead and turned the game over to Pittsburgh's "Shark Tank" bullpen, one of the keys to the franchise's first winning season and playoff berth in 21 years.

THE ASSOCIATED PRESS

Game 3

Pirates	Cardinals
5	3

NFL roundup

Luck, Colts hand Seattle first loss

Andrew Luck threw two touchdown passes and Donald Brown scored the go-ahead TD with 8:55 to go to lead the Indianapolis Colts past the Seattle Seahawks 34-28 on Sunday. It was the Seahawks' first regular-season loss since last Nov. 25.

Saints-Bears

Brees at his best in Windy City

Drew Brees threw two touchdown passes to Pierre Thomas, Jimmy Graham had another 100-yard game and the New Orleans Saints remained unbeaten with a 26-18 win over Chicago.

Bengals-Patriots

Pats' offence absent in Ohio

BenJarvus Green-Ellis ran 1 yard in the fourth quarter for the game's only TD, and the Cincinnati Bengals defeated the previously unbeaten New England Patriots 13-6.

THE ASSOCIATED PRESS

NHL. Carlyle coaches on the fly in Leafs' ACC opener

Randy Carlyle gets second-guessed a lot.

The subject of criticism from former players and many others for his style and lineup decisions, the Toronto Maple Leafs coach sometimes gets it exactly right. Saturday night's comeback victory over the Ottawa Senators was a prime example, as just about every in-game decision he made worked out perfectly.

"Coaches aren't here to, I'd say, cut up wins," he said afterward. "Let's not over-analyse."

No need. His Midas touch moves were very obvious.

Carlyle pulled James Reimer after the Leafs' home-opener starter gave up four goals on 21 shots. Reimer wasn't the problem, but it wasn't his night.

"I think James represented what we were doing as a team, and usually that falls on the goalie," Carlyle said. "The pucks were bouncing away from James Reimer versus bouncing for him, so I made the decision."

All Jonathan Bernier did from the 10:56 mark of the second period on is stop every shot he faced: 15 in regulation and overtime and then two more in the shootout.

THE CANADIAN PRESS

Leafs goalie Jonathan Bernier TORSTAR NEWS SERVICE

Hospital night in Canada

Leafs GM Dave Nonis was released from a Toronto hospital Sunday after spending Saturday night there, according to a team spokesman.

- Nonis was taken to the hospital during Saturday night's game against the Ottawa Senators. He was feeling sick during the second period and saw team physicians at Air Canada Centre.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	3	3	0	0	12	8	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Ottawa	2	1	0	1	5	5	3
Florida	2	1	1	0	4	9	2
Montreal	2	1	1	0	7	5	2
Tampa Bay	2	1	1	0	4	5	2
Buffalo	3	0	3	0	2	7	0

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	7	1	4
Carolina	2	1	0	1	4	4	3
NY Islanders	2	1	0	1	6	6	3
Columbus	2	1	1	0	6	6	2
Washington	3	1	2	0	10	12	2
New Jersey	2	0	1	1	3	7	1
NY Rangers	1	0	1	0	1	4	0
Philadelphia	3	0	3	0	3	9	0

Sunday's results
Carolina 2 Philadelphia 1
Anaheim at Winnipeg
Vancouver at Calgary

Saturday's results
Montreal 4 Philadelphia 1
Pittsburgh 4 Buffalo 1
Boston 4 Detroit 1
Toronto 5 Ottawa 4 (SO)
Columbus 3 NY Islanders 2 (SO)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	2	2	0	0	11	2	4
Colorado	2	2	0	0	9	2	4
Winnipeg	2	2	0	0	10	7	4
Chicago	2	1	0	1	8	7	3
Dallas	2	1	1	0	4	5	2
Minnesota	2	0	0	2	5	7	2
Nashville	2	0	2	0	3	7	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	2	2	0	0	8	2	4
Calgary	2	1	0	1	8	8	3
Vancouver	2	1	1	0	7	6	2
Phoenix	2	1	1	0	5	5	2
Anaheim	2	1	1	0	5	9	2
Los Angeles	2	1	1	0	6	7	2
Edmonton	2	0	2	0	6	11	0

Note: Two points for a win, one point for overtime loss.

Tampa Bay 3 Chicago 2 (SO)
Dallas 2 Washington 1
St. Louis 7 Florida 0
Anaheim 4 Minnesota 3 (OT)
Vancouver 6 Edmonton 2
San Jose 4 Phoenix 1

Monday's games — All Times Eastern
New Jersey at Edmonton, 9:30 p.m.
NY Rangers at Los Angeles, 10:30 p.m.

NFL

WEEK 5

Sunday's results
Indianapolis 34 Seattle 28
St. Louis 34 Jacksonville 20
Cincinnati 13 New England 6
Kansas City 26 Tennessee 17
Baltimore 26 Miami 23
New Orleans 26 Chicago 18
Philadelphia 36 N.Y. Giants 21
Green Bay 22 Detroit 9
Arizona 22 Carolina 6
Denver 51 Dallas 48
Houston at San Francisco
San Diego at Oakland

Monday's game — All Times Eastern
N.Y. Jets at Atlanta, 8:40 p.m.

WEEK 6

Thursday's game
N.Y. Giants at Chicago, 8:25 p.m.

Sunday's games
Detroit at Cleveland, 1 p.m.
Green Bay at Baltimore, 1 p.m.
St. Louis at Houston, 1 p.m.
Cincinnati at Buffalo, 1 p.m.
Pittsburgh at N.Y. Jets, 1 p.m.
Philadelphia at Tampa Bay, 1 p.m.
Carolina at Minnesota, 1 p.m.
Oakland at Kansas City, 1 p.m.
Tennessee at Seattle, 4:05 p.m.
Jacksonville at Denver, 4:05 p.m.
New Orleans at New England, 4:25 p.m.
Arizona at San Francisco, 4:25 p.m.
Washington at Dallas, 8:30 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	14	9	5	0	407	370	18
Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	14	11	3	0	446	323	22
Saskatchewan	14	9	5	0	419	316	18
B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6

Saturday's results
Montreal 47 Edmonton 24
Calgary 38 Winnipeg 11

MLB

AL DIVISION SERIES

DETROIT VS. OAKLAND
(Series tied 1-1)
Saturday's result
Oakland 1 Detroit 0
Monday's game — All Times Eastern
Oakland (Parker 12-8) at Detroit (Sanchez 14-8), 1:07 p.m.

BOSTON VS. TAMPA BAY
(Boston leads series 2-0)
Saturday's result
Boston 7 Tampa Bay 4
Monday's game
Boston (Buchholz 12-1) at Tampa Bay (Cobb 11-3), 6:07 p.m.

NL DIVISION SERIES

L.A. DODGERS VS. ATLANTA
(Series tied 1-1)
Sunday's result
Atlanta at L.A. Dodgers
Friday's result
Atlanta 4 L.A. Dodgers 3
Monday's game
Atlanta (Garcia 1-2) at L.A. Dodgers (Nolasco 13-11), 9:37 p.m.

ST. LOUIS VS. PITTSBURGH
(Pittsburgh leads series 2-1)
Sunday's result
Pittsburgh 5 St. Louis 3
Friday's result
Pittsburgh 7 St. Louis 1
Monday's game
St. Louis (Wacha 4-1) at Pittsburgh (Morton 7-4), 3:07 p.m.

Horoscopes

♈ Aries
March 21 - April 20
If you are bored with the same old places and faces now is the time to make changes.

♉ Taurus
April 21 - May 21
An offer that comes out of the blue may look too good to be true but with Venus, your ruler, moving into the wealth area of your chart today it may pay you to take a closer look. It could be for real.

♊ Gemini
May 22 - June 21
The cosmic balance is shifting in your favour and you should take advantage of it over the next few days.

♋ Cancer
June 22 - July 23
You seem to believe that those you work with are operating according to a hidden agenda and that you alone are being kept in the dark. You need to get over yourself. Can you spell "paranoia"? There's no conspiracy.

♌ Leo
July 24 - Aug. 23
Affairs of the heart are high on your agenda and with love planet Venus moving into the most dynamic area of your chart today you won't hesitate to let that special someone know how you feel.

♍ Virgo
Aug. 24 - Sept. 23
What should concern you now is the bigger picture. What is your place and role in the world? Like everyone you were born with a purpose and a plan and your task this week is to find out what it is.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruling planet, urges you to raise your sights and accomplish something truly outstanding.

♏ Scorpio
Oct. 24 - Nov. 22
You will get the chance to show a loved one how much you really care for them today. If you are minded to buy them a gift make it something small but tasteful. It's not about how much it costs.

♐ Sagittarius
Nov. 23 - Dec. 21
A great deal of joy is forecast for you over the next few days. Much of it will come from spending time with friends, relatives and the kind of people who accept you for who and what you really are.

♑ Capricorn
Dec. 22 - Jan. 20
The more others urge caution this week the more inclined you will be to take chances – and you'll be glad you did.

♒ Aquarius
Jan. 21 - Feb. 19
Your luck will change for the better today. Why? Because the good things you did for so many people in the past will now start to come back to you.

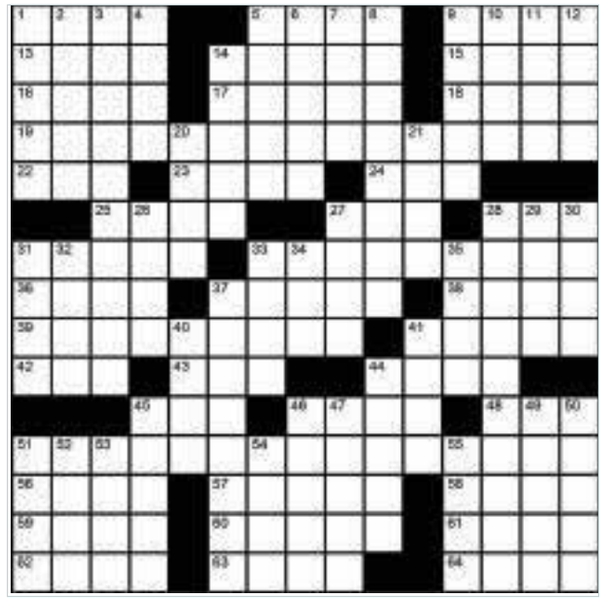
♓ Pisces
Feb. 20 - March 20
Someone in a position of authority thinks you are the best thing since sliced bread. What have you done to be so highly regarded? Who knows, but you can and you must take advantage of what they offer you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Mr. Jones of The Monkees
5. Abodes, hip-style
9. Desert hill
13. Mars: Prefix
14. Funny book
15. Swear
16. Close at hand, in poetry
17. Reddish-brown hair rinse
18. Very dry
19. Seat for Queen Elizabeth on The Great Seal of Canada: 2 wds.
22. WSW opposite
23. "Assuming that's true...": 2 wds.
24. Unpositive utterance
25. Officially choose
27. "Dragons' __"
28. Dance step
31. Put up with
33. Barenaked Ladies' "The Old __"
36. French Sudan, now
37. Prices
38. Creative
39. Ontario town which is the ancient Roman word meaning 'Scotland'
41. Bette Davis/Errol Flynn movie, "The Private Lives of Elizabeth and __" (1939)
42. Compass dir.
43. Soldier's food-in-a-packet [acronym]
44. Make cake
45. Craze
46. Enzyme suffixes
48. Energy
51. 1970 October Crisis: Prime Minister Trudeau's famous quote: 4 wds.
56. Sanction
57. Aired again
58. "__!... I Did It Again"
59. Sentence segment
60. Skips
61. Not tricked: 2 wds.
62. Guitar great Duane
63. Puppy's protests!
64. Car starters

Down

1. Have fun at the nightclub
2. Dolphin-riding Greek poet
3. Alberta town which is east of Edmonton
4. __ National Park, BC
5. The Tragically Hip song
6. Prenatal test, commonly
7. Wilma's pet
8. 1981 David Cronenberg horror movie
9. Sprint-like
10. Eye part
11 . "Me neither.": 2 wds.
12. Washstand vessel
14. Fray
20. Evening, informally
21. Isn't able
26. Comical cat's chum
27. Stuff collected from research
28. __ Theatre (Saskatoon theatre company named after an ancient goddess)
29. Payment in poker
30. Greek Myth: Charon's river
31. Some old Jeeps, e.g.
32. Meadowland sounds
33. Super-duper
34. Greek†alphabet letter
35. Jim Carrey movie, "The __" (1994)
37. Casual material
40. Music key, _ __.
41. The __ Coast
44. Kidney, and others
45. The Snowbirds maneuver
46. From Depeche Mode's "World In My Eyes": "Let me take you on _ __..."
47. Police squads, e.g.
49. Beerless beer bottle
50. Monetary units in Mexico
51. Created carpeting
52. Added to income, with hard work
53. Grease
54. Quasi
55. Work in the kitchen

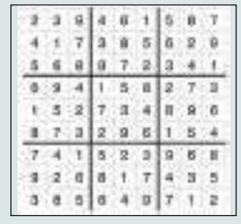
Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		9	7				
	9		8				5	6
		1	2			8		
						5	3	8
7				3				2
2	8	3						
		7			6	3		
1	5				4		8	
				5	2		6	

Friday's Sudoku



Today
15°/8°
Showers
40%

Tuesday
16°/7°
Partly cloudy

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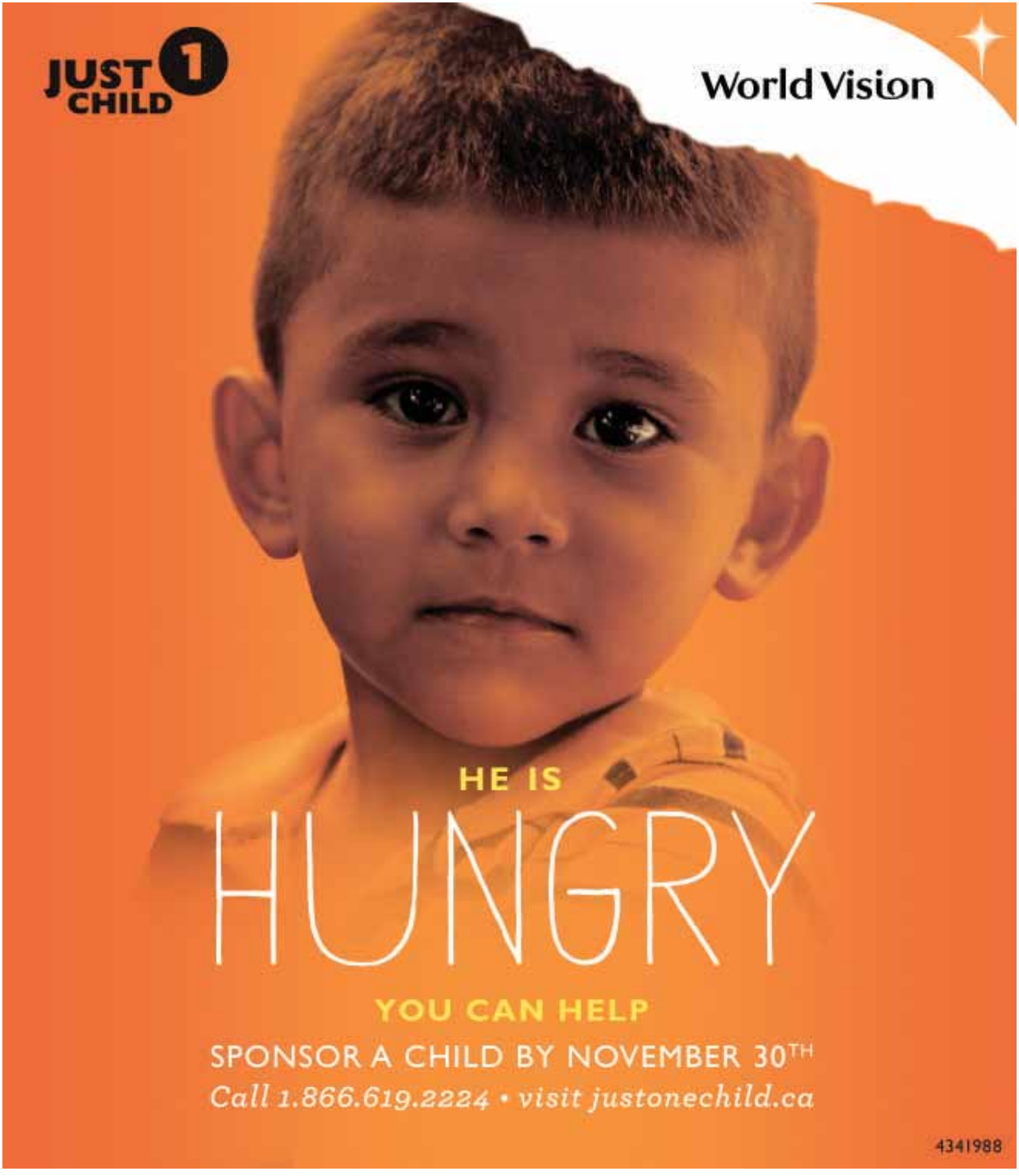
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